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Sens net goalie

Pascal Leclaire joins ranks

TRACEY TONG
tracey.tong@metronews.ca

The Ottawa Senators traded Antoine Vermette to the Columbus Blue Jackets for "upper echelon" goalie Pascal Leclaire by the NHL trade deadline yesterday afternoon.

"It's difficult and disappointing to have to give up Vermette," Senators general manager Bryan Murray said in a press conference yesterday.

"He's been here for quite some time and is a good player, but the first thing we had to accomplish here is to get better in one particular area and that's goaltending. I think we have solid guys, but to have a chance to have a top-end goaltender is a priority in any organization."

"We talked to all of our scouts and everyone felt that Pascal was in the upper eschelon of goaltenders in the league," Murray said.

Leclaire, who was injured, underwent surgery on his ankle recently.

While the team says farewell to Vermette, the Sens are still trying to re-sign right-winger Chris Neil.

"We like his grit, we like his size here and we like that he's an Ottawa Senator for his career," said Murray.

Murray said he didn't get the right offer for Neil.

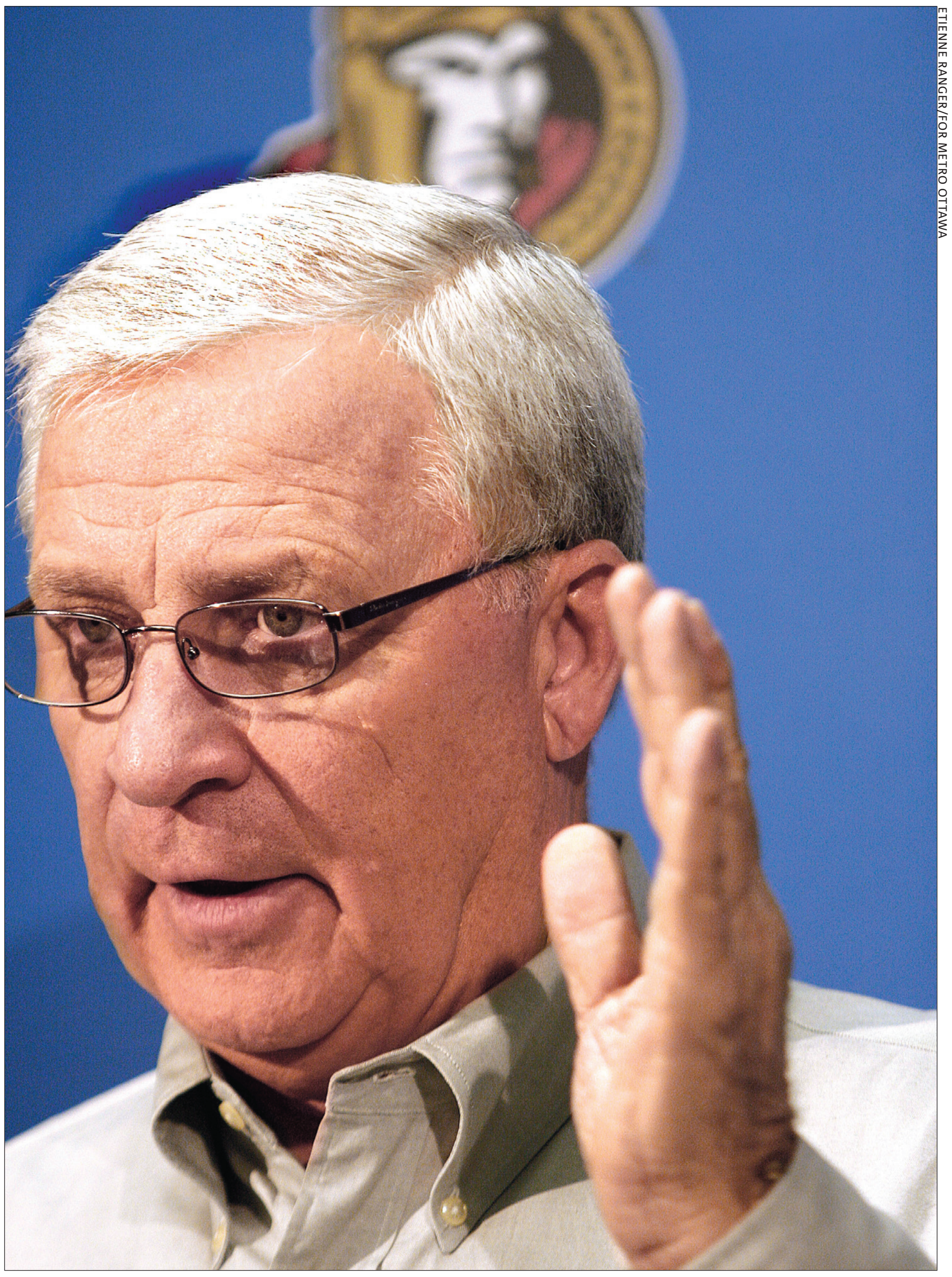
"I had several teams that had called me about him," he said. "I had one team in particular that indicated as late as last night that they were quite interested in making a certain pitch for him, but when it got to today they didn't do it."

Murray said he was satisfied with yesterday, but would have liked to get one more prospect or pick.

Resigned

- The Sens have also re-signed defenceman Filip Kuba for three years.

MORE COVERAGE, PG 7


ETIENNE RANGER/FOR METRO OTTAWA

Following yesterday's trade deadline, Senators GM Bryan Murray shares his thoughts about the team.

November death ruled homicide

MURDER Ottawa police are now investigating the November death of 22-year-old Michael Aitkenhead as Ottawa's 11th homicide of 2008.

At 2:25 a.m. Nov. 1, Ottawa police were called to a disturbance on Westmount Avenue, where they found an unconscious man lying on the ground.

He died shortly after being taken off life support Nov. 12.

The investigation was turned over to the Ottawa Police Major Crime Section.

After forensic testing, the Coroner's office ruled the death of Aitkenhead a homicide that resulted from injuries incurred on Nov. 1.

There were 11 homicides in Ottawa last year.

TRACEY TONG/METRO OTTAWA

Riding the **Recession**

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

- Food

Budget-friendly meals your whole family will love, and a local Meal for a Steal, pg 10

- Tomorrow

News – How are employment insurance offices dealing with an increased number of people applying for EI benefits?

- Coming Up

Comment – Anne Hines offers some odd money saving tips.

Cops seek suspect in daylight sex assault

TRACEY TONG
tracey.tong@metronews.ca

City police here are investigating the report of a sexual assault in residential west-end Ottawa yesterday morning.

At 8:10 a.m., a 14-year-old girl was walking on Deer Park Road near Millbrook Crescent when a man walking in the opposite direction inappropriately touched her.

The girl was not physically injured, but any type of offence against a young person is a concern for police, said Staff Sgt. John McGetrick.

The fact that the incident occurred in daylight is also of concern.

"That could very well be a part of that person's intention," he said.

Police are now seeking a white male, 30 to 40 years old, about five-foot-nine with short black hair. He had a moustache and goatee and was wearing a dark blue winter coat with beige sleeves.

The area saw "a slew of indecent acts last year," but McGetrick said it is not known whether they are linked.

Anyone with information is asked to call the Sexual Assault/Child Abuse Unit at 613-236-1222 ext. 5944 or Crime Stoppers at 613-233-8477 (TIPS).

> **"That could very well be a part of that person's intention."**
> Staff Sgt. John McGetrick

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Diefenbooker Classic expands fundraising to include Diefenbunker

A fundraiser for West Carleton branches of the Ottawa Public Library will now also benefit the Diefenbunker Museum's fundraising campaign to increase visitor capacity. Held each May, the Diefenbooker Classic is the only race in the world that goes through the blast tunnel of a nuclear bunker. **METRO OTTAWA**

Local

Carleton gets 'top five' nod for research

Carleton University is in the top five in Canada for its research impact on the field of computer science, the prestigious website sciencewatch.com has stated. From 2003 to 2007, Carleton researchers published 116 papers and had an average of 1.72 citations per paper from other institutions. Other universities in the top five include the University of British Columbia, University of Toronto, University of Western Ontario and McGill University. METRO OTTAWA

Reconsideration for student Upass

TIM WIECLAWSKI
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City council will once again consider a pilot project to provide a universal bus pass for all students at the University of Ottawa.

The project, which previously failed on a tie vote at city council in December last year, was given new life yesterday in a motion unanimously approved by the transit committee.

Transit committee chairman Coun. Alex Cullen warned that the financial figures regarding the cost of the project had to be correct if the Upass was to gain approval from the rest of council.

City staff had advised against reinstating the Upass since it would represent an additional $1.5 million budget pressure on OC Transpo's budget.

The Student Federation at the University of Ottawa is proposing $125 be added to the tuition of each student to cover the cost of that pass.

OC Transpo insists that students should pay $198 in order to make the project revenue neutral.

OC Transpo general manager Alain Mercier also said the Upass would not be highly effective for recovering ridership after the strike, since the majority of students stop taking the bus in mid-April and usage does not pick-up again until September. Ridership level would have returned to normal by then.

"We don't disagree with the purpose of the program, we want to have the program. It's something that is user-friendly for OC Transpo and for students. It's just working out the economics for when a subsidy would kick in," said Mercier. Ted Horton, vice-president elect for university affairs, said he was optimistic this time the Upass would make it though council.

Transit increase to start in July instead of April

COMMITTEE Since hiking bus fares only two weeks after full service transit has resumed would likely not sit well with frustrated transit riders, a proposed increase in the price of tickets and passes will be put off until July.

The increase was originally scheduled for April, but yesterday, the city's committee voted for the delay, despite OC Transpo general manager Alain Mercier's recommendation for ticket prices to increase by 15 cents per ticket in April.

Deferring the ticket increase would cost OC Transpo $1.1 million in revenue and it would erode the relative value of monthly passes versus tickets, he said. **TIM WIECLAWSKI /METRO OTTAWA**

Second bus collision at downtown intersection

TRANSIT For the second time in two days, an OC Transpo bus was involved in a collision at the same downtown intersection yesterday morning, injuring one person.

At 10:22 a.m., a minivan and an OC Transpo bus collided at the intersection of Albert and Kent Streets, said Ottawa paramedic spokesman J.P. Trottier.

Paramedics treated one passenger on the bus, a 48-year-old male, for neck and knee injuries.

They also assessed the driver of the minivan and another bus passenger, but they were released at the scene, Trottier said. The driver of the bus was not injured.

Early Monday afternoon, a truck allegedly drove through a red light, hitting an articulated bus and injuring the drivers of both vehicles and five bus passengers.

TRACEY TONG/METRO OTTAWA

OUA **Cross-town rivalry**

ETIENNE RANGER/FOR METRO OTTAWA

Stuart Turnbull, front, of the Carleton University Ravens blows by Dax Dessureault of the University of Ottawa Gee Gees in the first half of the Ontario University Athletics east final match at the Raven's Nest at Carleton last night. The Ravens won 82-61.

Purchase of 25 new buses put off till 2010

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

In order to make up a $22.7 million budgetary shortfall — primarily attributable to the strike — OC Transpo is putting off purchasing 25 buses until next year when ridership is expected to return to normal.

"If we were operating a bus fleet of an average age over 14 years I would not be here looking at deferral of a bus program for 12 months to be a solution," said OC Transpo general manager Alain Mercier. "That would be disaster."

Mercier said they had a relatively young fleet and most likely the new buses would not be delivered before they changed models anyway.

"The combination of those two elements make this a very low risk. It is a very short-term strategy," he said. "We are still proposing as we submitted in our plan to purchase 630 new buses. That will not change."

To compensate for the missing buses, Mercier said they would keep on 20 buses that would otherwise be slated for retirement.

Capital Ward Coun. Clive Doucet strongly disapproved of the deferral because "every time we have the slightest little slip-up in public transit use for whatever reason, immediately we cut the purchase of buses ... We don't do that for anything else but transit."

News in brief

LAST SKATE If you haven't gotten out on the Rideau Canal Skateway yet, today is your last chance. The canal's season closes tonight at 11 p.m. The Rideau Canal Skateway has enjoyed about one million visits since the season began Jan. 1.

GATINEAU Police are seeking a male suspect after an armed robbery at a CIBC bank in Aylmer yesterday. No one was hurt. The suspect is about six feet tall, thin and spoke English, said police.

METRO OTTAWA

metronews.ca
What's online today.

Video Mother demands names of "faceless bureaucrats" and others she blames for her daughter's in-custody death at **metronews.ca/canada**

Video 22 Minutes comedian crashes and burns in attempt to mock Premier Dalton McGuinty at **metronews.ca /canada**

Lotteries

Lotto 6/49: 7, 15, 23, 25, 27 & 40. Bonus 43.
Ontario 49: 1, 12, 23, 32, 35 & 47. Bonus 28.
Ontario Pick 3: 5 9 5; **Ontario Pick 4** : 0 2 4 6
Encore: 8044435
Daily Keno: 6, 7, 9, 13, 15, 24, 25, 32, 33, 34, 37, 38, 41, 42, 51, 59, 63, 64, 66, 68.
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Ontario goes after big tobacco

Ontario Premier Dalton McGuinty's government is now clearing the way to sue big tobacco for billions of dollars spent on health-care costfor smokers. British Columbia and New Brunswick have passed similar laws on which Ontario's bill is modelled. **TORSTAR NEWS SERVICE**

Canada

Bureau to investigate Ticketmaster

The Canadian government has asked the Competition Bureau to investigate complaints that Ticketmaster diverts tickets to its reselling subsidiary, which then sells them for far higher prices. Last month an Ontario man filed a $500-million lawsuit against Ticketmaster, claiming the company broke the law by reselling tickets at inflated prices. **REUTERS**

Feds ordered to help Canadian on death row

COURTS A Canadian court ordered the federal government yesterday to help seek clemency for a Canadian citizen facing a death sentence in the United States for murdering two people.

Ronald Smith, who has admitted to the 1982 murders, won his case before the Federal Court of Canada to have the Canadian government plead for clemency on his behalf.

Smith was set to be executed in Montana and had argued that Canada's Conservative government was violating his human rights by refusing to intervene.

Canada, which does not have a death penalty, has traditionally intervened on behalf of Canadians facing execution in other countries.

It also does not send people back to death-penalty states without assurances there will be no execution.

REUTERS

News in brief

TRIAL The fate of a man accused of beheading a passenger on a Greyhound bus lies in the hands of a Winnipeg judge, who will decide today if the accused was mentally ill at the time of the gruesome crime. Final arguments were heard in the trial of Vince Li yesterday, only two days after the trial began. Both Crown and defence attorneys called psychiatrists to the stand.

METRO EDMONTON

Spring fight begins: Officials

Roadside bomb kills three Canadian soldiers in Kandahar province

A roadside bomb that killed three Canadian soldiers in a relatively restive district of Kandahar province may herald the start of spring fighting season in Afghanistan, said military officials.

Word of a new Taliban offensive came ahead of a grim report showing that Canada has made modest development progress in the face of a worsening security situation.

While the number of Canadian-funded jobs and schools and trained Afghan forces has grown, violence, including roadside bombings, assassinations and intimidation, increased in severity and frequency, undermining the confidence of locals in their safety and futures, the report found.

"The areas that we've pointed to we've seen progress, and we've also seen a rise in insurgency," said International Trade Minister Stockwell Day, chair of a cabinet committee on Afghanistan. "The two can happen at the same time."

It was coincidence that the report landed on the same day as news the Canadian deathtoll in Afghanistan had risen to 111.

TORSTAR NEWS SERVICE

HANDOUT

Left to right, Canadian soldiers Warrant Officer Dennis Raymond Brown, Cpl. Dany Olivier Fortin and Cpl. Kenneth Chad O'Quinn were killed near Kandahar City, Afghanistan, Tuesday, when their patrol hit an improvised explosive device.

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Comment & Views

Comment

The science of splitting

Relating

Steve Collins

metronews.ca/collins

Anyone who knows me is probably just as baffled as I am to see me writing about what the experts call "man-woman stuff." Relationships baffle me. My good ones have felt a lot like luck, and nothing I write on the subject should be construed as advice, or even a clue.

In January, numerous media outlets advised us of "D-Day" (Jan. 8 or thereabouts), which, according to divorce lawyers, is the single biggest annual day for divorce filings. This month, then, another pile of people, maybe even people reading this, are adjusting to fresh ex-hood.

And again, I've got nothing. I've never been divorced, a happy circumstance I attribute almost entirely to never having married. This is of little use to most people facing a split now. (My friends also seldom thank me for asking them to imagine, just for a moment, what kind of an ex-wife their fiancée would make.)

Happily, a couple of better sources than me present themselves. This month, a new book from a guy named Harvey Brownstone attempts to explain our family court system to separating and divorcing couples — and help them stay out of it as much as possible.

And who is this Brownstone to judge? As it happens, a sitting judge of the Ontario Court of Justice, who has presided over 14 years of family court cases.

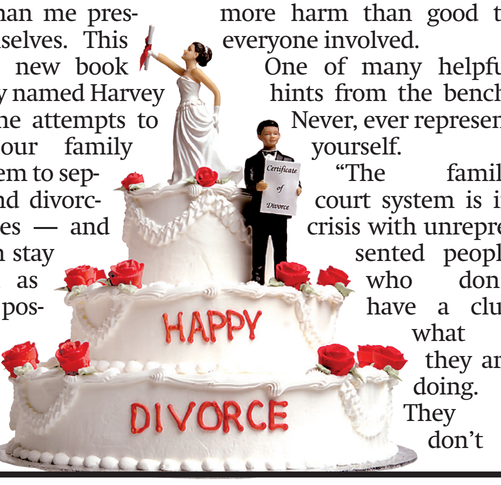
In Tug of War: A Judge's Verdict on Separation, Custody Battles, and the Bitter Realities of Family Court, Brownstone gives an insider's view of the legal machinery and warns of an overloaded court system where protracted, hurt-fuelled litigation often does more harm than good to everyone involved.

One of many helpful hints from the bench: Never, ever represent yourself.

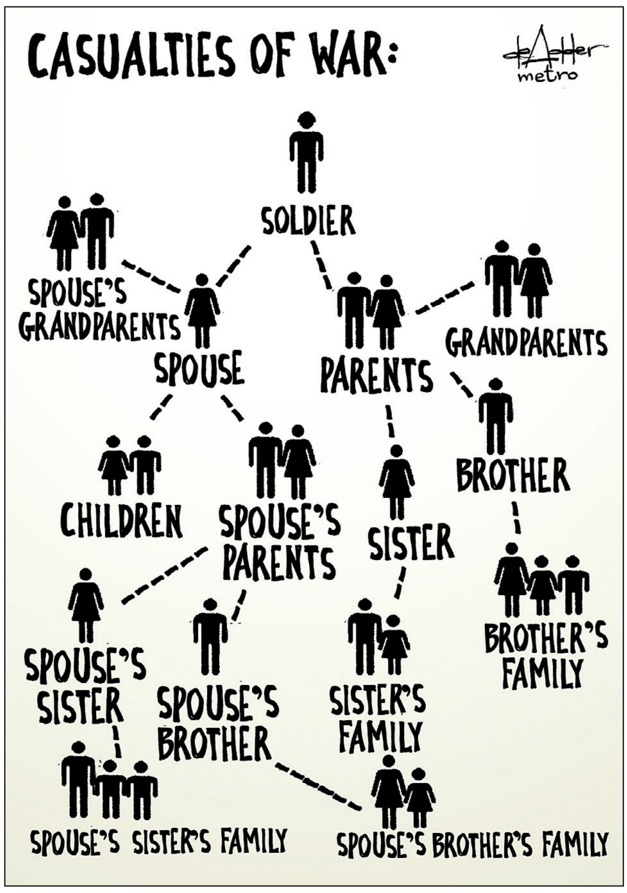
"The family court system is in crisis with unrepresented people who don't have a clue what they are doing. They don't understand that this is not Judge Judy," Brownstone told the Toronto Star.

Also new on the Canadian split-up scene is ChangingLanes.ca. The website is the creation of communications consultant Michelle Halsey, who encountered a paucity of reliable information and advice during her own separation, and wanted to help others with advice on finances, parenting, and personal stories of divorce and separation.

Discussion forums are categorized by different stages of breakup, from contemplating separation to the blended family. It's early days yet for the site, but already most participants in the forums seem to be women. Where are the separated and divorced men? Probably still trying to figure out what the hell happened. I know I would be.



Steve Collins offers his best guesses on relationships for Metro every two weeks.



MICHAEL DE ADDER

Views

Empowering communities, not snitches

Yasir Naqvi

MPP, Ottawa Centre

Re: Snitching communities of anonymous neighbours? (Feb. 27)

There have been some misperceptions about Bill 106, the Safer Communities and Neighbourhoods Act (SCAN) that need to be clarified.

I want to reinforce that SCAN is a local idea that came from our community. I was approached by members of our community about SCAN after they had endured years of torment from crime in their neighbourhood. They were sick of living in fear — of not being able to let their children play in the yard or of being physically threatened in the hallway of their building. They asked me to introduce SCAN and I am proud to have worked in consultation with them to draft a fair and balanced piece of legislation.

SCAN is not about anonymously snitching on your neighbours; it is about empowering communities. People are often afraid to speak up about the terror that they live in for fear of retribution. The director is able to act as a mediator and work with neighbours to resolve issues informally. In other jurisdictions where SCAN is already in place, more than 90 per cent of all complaints are resolved at the informal level.

SCAN is about addressing habitual criminal behaviour; not targeting loud parties or unfavourable neighbours.

> **This legislation is not about dividing people or pointing fingers — it is about creating relationships between neighbours.**

This legislation is about entrenched crime — drug dealing, gang violence and weapons sales — that threatens the safety of our communities. We are talking about the serious criminal activity that destroys neighbourhoods, like the crack houses that leave discarded needles beside playgrounds, gang members that threaten people with weapons and criminals that hijack the homes of vulnerable people and hold entire communities hostage.

Most importantly, SCAN is not about eviction; it is about protecting the rights of the tenants. Everyone, including the vulnerable, the poor, the addicted and the mentally ill, has the right to live in a safe residence — free from fear. I firmly believe that everyone also has the right to due process and the full protection of the law, and that is why only a judge of the Superior Court of Justice can issue a community safety order, and only after the court is satisfied, that the strict rules of the legislation are met.

This legislation is not about dividing people or pointing fingers — it is about creating relationships between neighbours and building stronger communities.

Elected in 2007, Yasir Naqvi was appointed Parliamentary Assistant to the Minister of Revenue on Oct. 3, 2008.

Letters

Manners matter, even on the sidewalk

Re: Anne Hines (Manners matter, even in a recession, March 2)

This was a great article on manners.

What we need is a series of articles reminding people how to walk politely when the sidewalks and other pedestrian areas are crowded.

When I grew up, the school systems and our parents taught us how to walk politely and respectfully. Mobility etiquette is so important. If one does not want to practise safe and considerate walking, he or she should not be allowed out of the home without an educated escort.

I know most basics, but very few others do, including the politicians and mobility "experts" in our public services.

NICK BIRD, RICHMOND HILL, ONT.

Freedom of speech a privilege not to be abused

Re: Do we believe in freedom of speech? (Feb. 25)

I, too, believe in freedom of speech, but not in Mr. Sullivan's definition — i.e. "If you think it, you can say it."

Freedom of speech is not only a right, but a privilege.

If said speech is used in a way that hurts someone or makes a significant impact on societal thinking and promotes untruths, abuse and hatred, then it's an abuse of the privilege to freedom of speech.

Where laws exist to protect society from such abuse, the laws should be enforced to the full extent.

JACK KREPEL, THORNHILL, ONT.

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Indian political party buys rights to Slumdog's Oscar-winning song
Aiming to spice up its election campaign, India's ruling Congress party has bought the rights to Jai Ho, the Oscar-winning song from Slumdog Millionaire. Congress leaders said the song, whose title is Hindi for "Let There be Victory," will be played during rallies in rural towns, villages and cities. **REUTERS**

World/Business

ICC issues Bashir warrant

The International Criminal Court issued an arrest warrant for Sudanese President Omar Hassan al-Bashir yesterday for war crimes in Darfur, a decision that could spark more regional turmoil.

The warrant is the first issued against a sitting head of state by the Hague-based court, which stopped short of including a count of genocide over a conflict that UN officials say has killed as many as 300,000 people since 2003.

The court, which was set up in 2002, indicted Bashir on seven counts of war crimes and crimes against humanity, which include murder, rape and torture. The three-judge panel said it had insufficient grounds for genocide.

"His victims are the very civilians that he as a president was supposed to protect," ICC Chief Prosecutor Luis Moreno-Ocampo told reporters, adding that Sudan is obliged to execute the warrant.

Hundreds of demonstrators gathered in central Khartoum to protest against the arrest warrant. Bashir has dismissed the allegations made by the ICC as part of a Western conspiracy.

Hours after the warrant was issued, Sudan revoked the licences of at least six foreign aid agencies, giving no reason for the decision, aid officials said. "This will have a major impact on humanitarian work in Darfur," said one aid official. **REUTERS**

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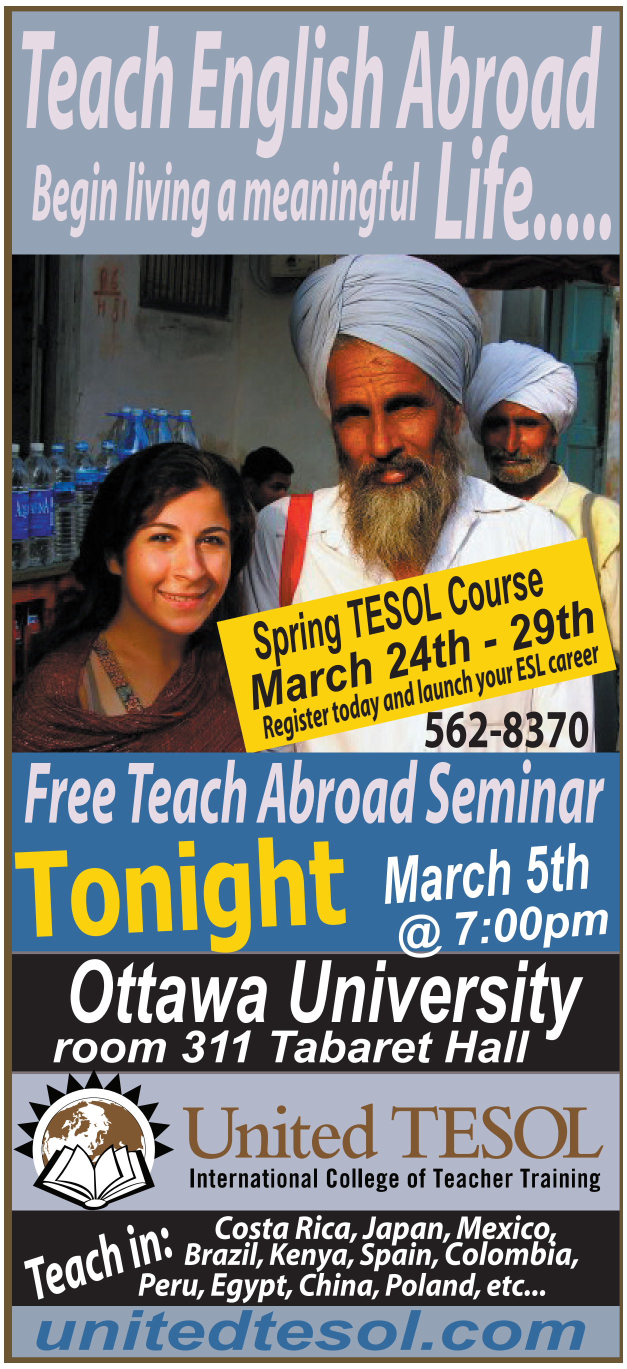
WANTED

MIKE SEGAR / REUTERS

People demonstrate near the United Nations headquarters in New York, denouncing Sudanese President Omar Hassan al-Bashir.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U.S. could lead the way out of crisis, Brown says

EUROPE The United States can seize the moment and lead the world out of recession, but other countries must play their part, British Prime Minister Gordon Brown told U.S Congress yesterday.

In his speech, Brown urged the U.S. to resist protectionism, fight climate change and take advantage of the huge goodwill toward it after the election of President Barack Obama.

"You now have the most pro-American European leadership in living memory. A leadership that wants to co-operate more closely together, in order to cooperate more closely with you. There is no old Europe, no new Europe, there is only your friend Europe."

The prime minister said that while America could take a lead, it and a few other countries could not shoulder all the burden of restoring growth to the world economy. **REUTERS**

News in brief

FRANCE President Nicolas Sarkozy will try to secure the repatriation of a French woman given 60 years in jail in Mexico when he visits the country next week. Florence Cassez, 34, was found guilty of kidnapping, arms possession and other crimes last year.

NETHERLANDS A faulty altimeter shut down the engine of a Turkish Airlines flight before it crashed last week near Amsterdam airport killing nine people, Dutch authorities said.

VENEZUELA President Hugo Chavez has ordered the nationalization of a local unit of food giant Cargill, ramping up a battle over rice production. Chavez ordered the takeover because Cargill does not produce basic rice subject to government price controls. **REUTERS**

Clinton criticizes teardown of East Jerusalem homes

WEST BANK U.S. Secretary of State Hillary Clinton criticized Israel yesterday over plans to demolish Palestinian homes in Arab East Jerusalem and said the U.S. would engage Israeli leaders on Jewish settlements.

Calling the planned destruction of more than 80 homes "unhelpful," Clinton said after talks with Palestinian leaders: "It is an issue that we intend to raise with the government of Israel and the government at the municipal level in Jerusalem."

Palestinians say authorization from Israel's Jerusalem municipality is nearly impossible to obtain. **REUTERS**

Business

Grocers seeing shift to frugality

Premium foods losing favour

Canadians are shifting away from premium products when they visit the supermarket as the recession bites deeper and consumer confidence weakens, grocery chain executives said yesterday.

Executives at Loblaw Companies, the country's No. 1 supermarket chain, and Empire Co. Ltd., owner of Sobeys, the No. 2 chain, said the change in buying habits has been quick and profound and is not likely to be short-lived.

"This is not going to be a temporary thing that happens for two or three months," Allan Leighton, president and deputy chairman at Loblaw, told a retail conference in Toronto.

Leighton said shoppers have "all of a sudden become very value conscious."

Also at the conference, Bill McEwan, chief executive of Sobeys, said his stores are seeing premium dinners and ice creams decline at rates "we had never anticipated" two or three years ago.

McEwan added that the new frugality can also be seen at the deli counter, where shoppers are opting for lower-end ham and blocks of cheddar over high-end pastramis and cheeses.

REUTERS

Canadian Tire

- Canadian Tire is pushing into food retailing, joining the likes of Shoppers Drug Mart and Wal-Mart by experimenting with two stores. It so far has been surprised by the positive results. **TORSTAR NEWS SERVICE**

Household credit market slowing down: Report

HOMES The Canadian household credit market is slowing at an accelerated pace with mortgage activity leading the way downward, according to a report by CIBC World Markets.

With MLS activity down by 35 per cent year over year, and average house prices forecast to fall by another 10 per cent, CIBC senior economist Benjamin Tal says in a report released yesterday that overall mortgage activity will continue to soften.

A crisis in consumer confidence means home sales have sunk dramatically this year, but there may be a silver lining: Thanks to falling home prices, record-low mortgage rates and a strong supply of new homes, home-buying intentions in Ontario are up from last year, according to a poll by Ipsos Reid.

The poll found that 30 per cent of Ontarians said they were likely to purchase a home in the next two years, up from 21 per cent in 2008.

REUTERS

Buyer's market

- According to Ipsos Reid, 73 per cent of Ontarians feel it is a buyer's market, with seven per cent saying sellers still have the advantage.

Business in brief

TELECOM Nortel Networks Corp. dismissed a newspaper report yesterday that said the company was hoping to emerge from bankruptcy protection by the middle of the year.

PENSIONS The province of Quebec scrapped plans yesterday for a parliamentary investigation into how the country's biggest pension fund lost a record $39.8 billion in 2008, said Radio-Canada. **REUTERS**

Warner back with Cards
Quarterback Kurt Warner is staying with the Arizona Cardinals, agreeing to a two-year, $23-million US contract yesterday. Warner had made a highly-publicized free agent visit to division rival San Francisco earlier in the week. **METRO NEWS SERVICES**

Sports

Manny finally comes to terms

Free agent outfielder Manny Ramirez, his agent Scott Boras and the Los Angeles Dodgers reached a preliminary agreement on a two-year, $45-million US contract yesterday. The deal is contingent on Ramirez passing a physical. In last year's NL playoffs, Ramirez batted .520 with four home runs, 10 RBIs, nine runs and 11 walks in eight games. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Murray puts his faith in Leclaire

TheHockeyNews

Ken Campbell

thehockeynews.com

Ottawa Senators GM Bryan Murray went into yesterday's trade deadline with one clear mandate — to improve his organization's goaltending.

He thinks he did that both by addition and subtraction, but the fact is the Senators goaltending situation is still as big a question mark as it was before the deadline.

That's not to say the Senators haven't ultimately improved their goaltending by acquiring Pascal Leclaire from the Columbus Blue Jackets, because they may very well have done just that.

But anyone who thinks the Senators' troubles are over in that department is being wildly optimistic.

Given the fact that Leclaire has won just 47 games (and lost 55) in three years at the NHL level should be proof enough that he's certainly not a sure thing. The fact that he has struggled both with consistency and health issues over those three years should also send up some red flags.

But Murray must be reasonably certain that Leclaire's surgically repaired ankle will heal completely and that he'll return to the form of last season, when he went 24-17-6 and had a .919 save percentage. If he does, it's a great deal for the Senators, considering they also got a second-round pick and they only gave up Antoine Vermette, a player it seemed they couldn't even give away a few months ago.

That obviously wasn't the only news for the Senators yesterday. They signed defenceman Filip Kuba to a three-year deal for $3.7 million per year, which seems crazy until you realize that Kuba leads them in ice time and plus-minus and is their top-scoring defenceman.

And when you consider that it's slightly less than what former Senators defenceman Mike Commodore got from the Columbus Blue Jackets last summer, perhaps it isn't so crazy after all.

Another player who will stay in town, at least for the balance of this season, is rugged winger Chris Neil, which is something of a surprise.

Most observers thought the Senators would either sign Neil to a long-term deal or trade him and they did neither. Murray said there was no tangible market for Neil, which may be the case, but this will also certainly be brought up when Murray tries to re-sign Neil between now and July 1.

NHL trade deadline moves of note

- The Pittsburgh Penguins added forward Bill Guerin from the New York Islanders for a conditional draft pick.
- The Phoenix Coyotes sent Derek Morris to the New York Rangers for fellow defenceman Dmitri Kalinin and forwards Petr Prucha and Nigel Dawes.
- The Calgary Flames acquired Olli Jokinen and a third-round pick from the Phoenix Coyotes in exchange for Matthew Lombardi, Brandon Prust and a conditional first-round pick.
- The Boston Bruins acquired forward Mark Recchi and defenceman Steve Montador. The Bruins sent forward Martins Karsums and defenceman Matt Lashoff to Tampa Bay for Recchi and a second-round pick in 2010.
- The Los Angeles Kings traded Patrick O'Sullivan to the Hurricanes, who turned around and sent O'Sullivan and a draft pick to the Edmonton Oilers for Erik Cole.
- Brendan Morrison is joining the Dallas Stars, who claimed him off re-entry waivers from the Anaheim Ducks.
- The Maple Leafs sent forward Nik Antropov to the New York Rangers for a second-round draft pick and a future conditional pick, and Dominic Moore to Buffalo for a second-round draft pick.

TORSTAR NEWS SERVICE

NHL Stand-pat Habs crunched in Buffalo

GARY WIEPERT/REUTERS

Sabres goalie Patrick Lalime watches the puck after Canadiens forward Alex Kovalev gets tripped by Sabres defenceman Andrej Sekera in Buffalo last night. The Sabres won 5-1.

Maple Leafs claim Gerber off waivers

NHL The Toronto Maple Leafs picked up goalie Martin Gerber off re-entry waivers from the Senators yesterday. Gerber has spent the past few months with the Sens' American Hockey League team in Binghamton, N.Y. Accordingly, the Leafs announced Vesa Toskala is finished for the season. **METRO NEWS SERVICES**

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Yahoo chief turns to social networks
Yahoo Inc. Chief Executive Carol Bartz said social network sites are a key area of interest for the Internet media company, even as it tries to figure out how to boost its web search business. **REUTERS**

Tech Now

Nortel's giant loss

This week, Nortel reported a nearly six-billion-dollar loss for 2008. Included was over two billion in write-offs of corporate value, plus the company could pay up to $45 million in bonus money to retain top employees.

SOURCE: NORTEL

More tough times ahead for Nortel

TechNow

Paul Brent

metronews.ca/technow

It was 48 years ago that Northern Electric, the forerunner to Nortel, came to Ottawa with fewer than 50 engineers and opened a research lab. By the year 2000, the facility employed 22,000.

Today marks one week since the latest layoffs began. This time, 5,000 will be let go companywide. Several people I have spoken to fully expect 1,500 to 2,000 jobs to be lost in Ottawa.

In May, Nortel is to unveil a business plan allowing them to come out of bankruptcy protection. Samih Elhage, a Nortel executive responsible for Ottawa, told me "once we have that plan we will know the resources we will need."

TORSTAR NEWS SERVICE FILE PHOTO

Outside Nortel's corporate headquarters in Toronto. Nortel's woes will have a significant impact on Ottawa, our columnist says.

Wayne Gudbranson, CEO at the Branham Group of Ottawa, which tracks Canada's tech sector, thinks Nortel will "look like a startup" when things are done. Jeffrey Dale, head of Ottawa's economic development agency, OCRI, fully expects more cuts and says the business plan will tell this region just how hard the hit will be.

Dale says OCRI will ramp up its programs aimed at helping those who want to develop new firms but he says the economy, a lack of investment money, and a lack of severance packages will create a harsh climate. Dale hopes other levels of government will provide investment funds.

Another impact will be on the companies who do business with Nortel. Each year, Nortel buys about $150 million dollars worth of goods and services from Ottawa area firms, and that will shrink.

> **Another impact will be on the companies who do business with Nortel. Each year, Nortel buys about $150 million dollars worth of goods and services from Ottawa area firms, and that will shrink.**

In addition, Debbie Weinstein, a lawyer who has worked with most of the movers and shakers in tech, says "local companies have already lost the equivalent of months of cash flow" as Nortel walks away from debts. One example, Bridgewater Systems, has written off a million dollars.

Nortel has contributed a huge amount to Ottawa's economy and about a third of local firms can trace their roots to Nortel. Will Nortel pull out of Ottawa? Not likely. Will they leave their current campus? Likely. Will they remain Ottawa's tech leader? Not likely … in fact many believe that crown has already slipped away.

Website of the week
www.polycola.com: The site allows you to use two search engines at once.

- This Sunday, the 6 p.m. news will be pre-empted by the annual Heart Institute Telethon. Join CTV from 9 a.m. to 7 p.m. on Sunday, March 8.

Be sure to watch Tech Now this Sunday as part of the CTV NEWS at 6 p.m.; technow@ctv.ca.

In brief

COMMENT The global downturn is an opportunity for strong and innovative IT firms and is not a disaster for the industry, according to California Governor Arnold Schwarzenegger. "Some might say that this is the worst time for a big trading show like this, but they could not be more wrong," Schwarzenegger said in Hanover, Germany at the opening of the CeBIT tech fair. **REUTERS**

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Reno needs

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METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Do you know what's in your walls?

HomeScape

Sylvia Putz

metronews.ca/homescape

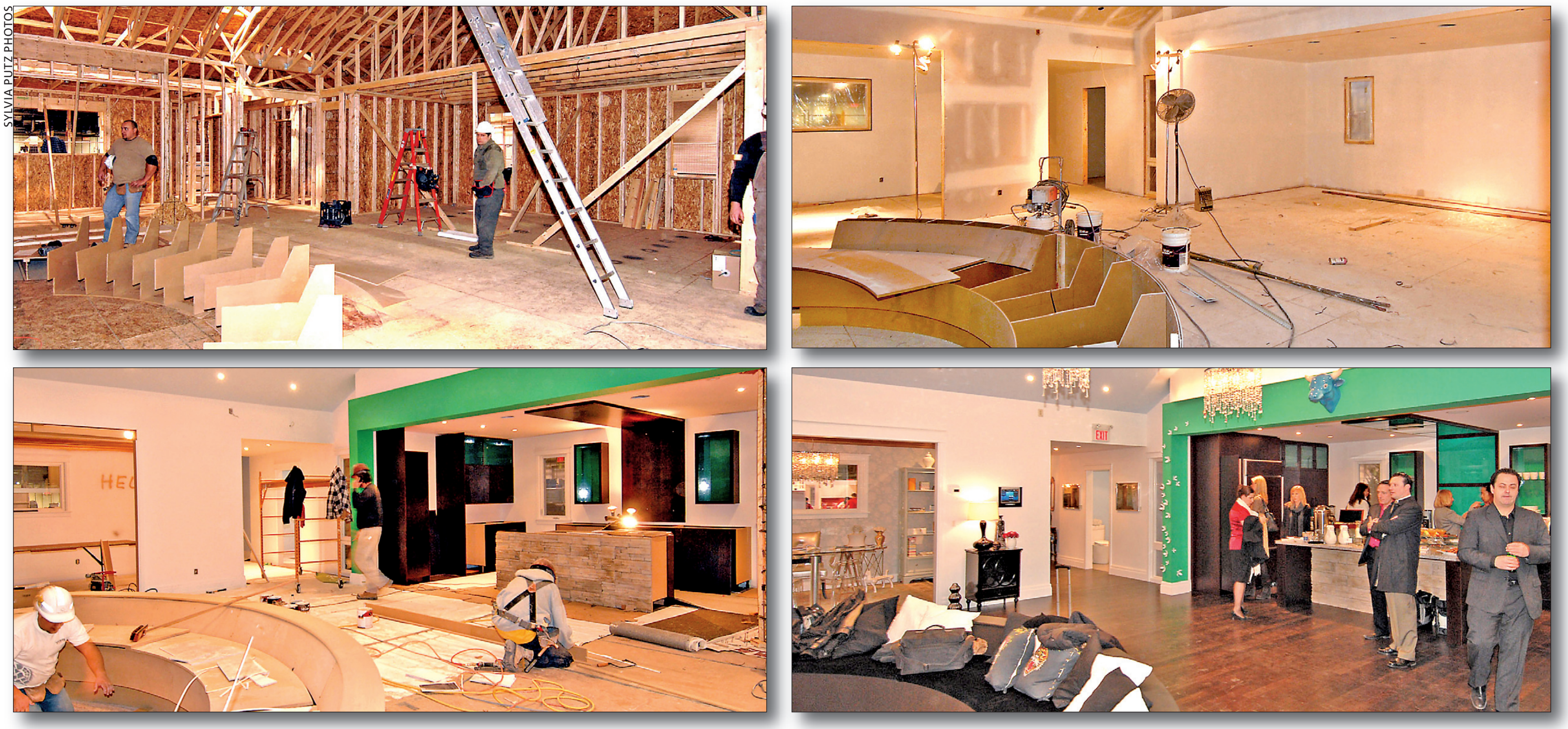
Have you ever had to uncover the precise location of a plumbing or electrical problem?

It's no fun, let me tell you. If it's a renovation or a new build, memory is not a terribly reliable method to locate the exact location of pipes or wires. To find the plumbing, electrical or other "in-the-wall" problem, you or someone you hire would have to perform "investigative work."

Unfortunately, what this often means is holes in your wall, and possibly, the partial or complete demolition of painstakingly applied finishes like paint, tiling, mouldings or built-in cabinetry. Not to mention the frustration associated with this kind of search.

You may be asking, well, what about referring to the architectural drawings? And this is a very good plan if the drawings include specific and updated plans of all your behind-the-walls items, such as plumbing, electrical work and heating, for instance.

However, reality is often less than ideal. If you have an older home, your plans may date from 1921, if you even have them anymore. If you have a home that is new or renovated, you may know by now that the real world of home construction can be far less organized than you may have expected, despite everyone's good intentions.



SYLVIA PUTZ PHOTOS

These series of photos show the progression of the Dream Home at the National Home Show in Toronto recently. They are part of a service offered by Multivista Construction Documentation, which allow you to keep a permanent record of construction.

Sometimes architectural plans are not specific enough with the wiring or plumbing. And homeowners do change their minds, goodness knows, and perhaps more than once. And finally, everything may not have been executed exactly as is indicated on the plan. There may have been some very good reasons to diverge from the plan — but everybody seems to have forgotten what they were or even what decision was eventually made. The bottom line is you make have to break open the walls.

While I was at the Toronto National Home Show recently, I spied something that made me wish I had been aware of this service a little earlier. Too late for me, but for new renovators, what a fantastic way to document construction so that you view photos to search for the source of any problem rather than viewing broken drywall and ruined finishes.

Vancouver-based Multivista Construction Documentation (multivista.com) provides a service that systematically documents the construction process, including all the work in the walls, from the beginning until the end. After the construction is complete, you will own a permanent record of your entire project plus a cute slideshow to boot.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Expect stability in local housing market

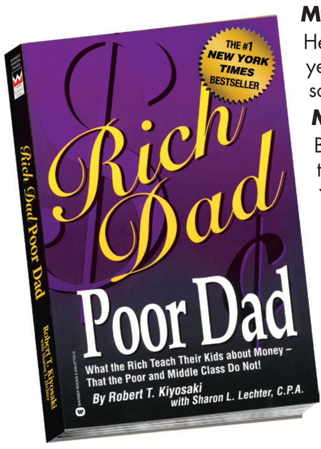
KIM MANNIX VERMETTE
for Metro Canada

REAL ESTATE It may seem an unlikely word when talking about any kind of market these days, but realtor Jasson Grant says if he could use one word to sum up the city's housing market it would be stability.

Grant, of Keller Williams Realty, says Ottawa is a unique city when it comes to housing in that it isn't as dramatically affected by economic conditions as other urban centres across Canada. The reason, he says, has a great deal to do with a flourishing tourism industry, a large public service sector with tens of thousands of government employees, and a high-tech sector that — even with its ups and downs — still continues to employ thousands in the city.

"Historically Ottawa has been a city that has seen steady growth in property values, and very few periods where the housing dropped," says Grant.

According to statistics from the Ottawa Real Estate Board, housing prices have only dropped five times from 1959 through 2008, and the average price of a home in the city has risen from $159,511 in 2000 to $289,766 this past year.



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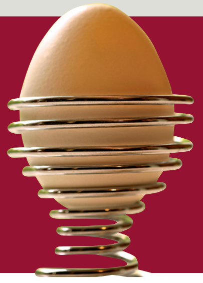
Where the women are

A recent study of 508 farmers' markets across Canada revealed that women shoppers outnumber men almost three to one. About 30 per cent of shoppers are aged 18 to 39. More than half of shoppers routinely visit the market unaccompanied. FARMERSMARKETSONTARIO.COM

Food

Eggs are a reasonably priced protein source. Canada's Food Guide to Healthy Eating recommends two eggs as a serving from the Meat and Alternatives Food Group. BARB HOLLAND/FOR METRO CANADA



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BARB HOLLAND/FOR METRO CANADA

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Apple Turnover Breakfast Sundae

Tighten the belt in more ways than one

In The Biggest Loser Family Cookbook: Budget-Friendly Meals Your Whole Family Will Love, best-selling author Devin Alexander shows families that eating on a budget can be easy, nutritious, and delicious with more than 125 recipes. Metro nabbed this breakfast treat from the book:

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Budget-Friendly Meals Your Whole Family Will Love
NBC

Apple Turnover Breakfast Sundae

The contestants are always seeking on-the-go options for breakfast. This is a great one if you pack it in a small resealable plastic container to throw in your cooler bag along with a spoon — it's an easy treat to enjoy after your morning workout or to send to school with the kids.

INGREDIENTS:

- 1/2 cup (175 ml) fat-free, sugar-free apple turnover–flavoured or other apple-flavoured yogurt
- 2 tbsp (30 ml) crunchy, high-fiber, low-sugar cereal (such as Grape-Nuts)
- 1/3 cup chopped apple (about 1/2 small apple)
- Pinch of ground cinnamon
- 1-1/2 teaspoons raisins (optional)

METHOD:

Spoon the yogurt into a small, deep bowl. Sprinkle the cereal over the yogurt, followed by the apple. Top with the cinnamon and then the raisins, if using, and serve.

Eggs: Thinking outside the shell

À **la** carte

Barb Holland

metronews.ca/alacarte

Ever-so-versatile eggs patiently sit in your refrigerator waiting for their chance to shine. Combined with a few other ingredients, eggs make a satisfying midweek supper in short order. A frittata is an open-faced omelette, a traditional way to use up cooked (or fresh) vegetables, cheese, meat or other filling ingredients with, of course, eggs. Cooked in a skillet over direct heat until browned on the underside, it can be finished under the broiler to set and brown.

Potato and Ham Frittata

This easy-to-make dish is a speedy supper, especially if you happen to have some leftover cooked potatoes on hand. Cooked chicken or turkey can be tossed in (or not) in place of the ham — almost anything goes. Serve with a green salad and crusty whole grain bread. Makes 4 servings.

Cooked chicken or turkey can be tossed into your frittata in place of the ham — almost anything goes.

INGREDIENTS:

- 1 tbsp (15 ml) vegetable oil
- 1 onion, chopped
- 1 cup (250 ml) sliced mushrooms
- 1 cup (250 ml) cooked, diced potatoes (about 1 medium)
- 8 eggs
- pinch salt, dried thyme leaves and pepper
- 1/2 cup (125 ml) diced cooked ham, chicken or turkey, optional
- 1 cup (250 ml) shredded old Cheddar cheese, divided

METHOD:

In large nonstick skillet, heat oil over medium-high heat. Add onion and mushrooms and cook until lightly softened, 2 to 3 minutes. Add potatoes; cook 1 to 2 minutes.

In a bowl, beat eggs with salt, thyme and pepper; stir in ham, if using, and half the cheese. Add to skillet; reduce heat to medium and cook, stirring gently for about 30 seconds, lifting edges with heatproof spatula to allow uncooked egg to flow underneath. Cook without stirring until bottom is golden and top is almost set, about 5 minutes.

Sprinkle with remaining cheese. Cover skillet to let cheese melt. Alternately, if skillet handle is heatproof, place skillet under broiler until frittata is set and cheese melts. (If skillet handle is not ovenproof, wrap in foil.) Cut into wedges to serve.

Tip: If you don't have cooked potatoes, scrub a medium sized potato, pierce well and microwave at high until almost cooked, 2 to 3 minutes. Cool slightly, then dice (leave skin on for added fibre).

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Riding the Recession

Meals for a steal

The Elgin Street Diner
374 Elgin St.
elginstreetdiner.com
613-237-9700
Entrees range from $5.99 for a tuna sandwich to $12.99 for Pot Roast

If you think all club sandwiches are created equal, you've never had lunch at The Elgin Street Diner. The menu features an impressive array of triple deckers with a selection of meats like chicken, bacon, salmon, montreal smoked meat, turkey and ham to choose from. Together with their famous fresh cut fries, the Elgin's clubs are worth every penny of the $11.99 price. Less expensive sandwiches are also available for as little as $5.99 for those looking to save cash.

The landmark restaurant is also well known for their milkshakes and poutine, which comes in eight varieties. Both are popular choices for the noon hour lunch crowd or the 2 a.m. post-bar crowd, since the restaurant literally never closes.

Liquid**Assets**

Peter Rockwell

metronews.ca/liquidassets

Old friends

Whoever coined the phrase "the past is the past" never envisioned Facebook. While hearing from old high school chums and former flames may not appeal to everybody, my Facebook experience has been a hoot — especially when friends post long forgotten images of us from back in the day.

I've been particularly interested in what we were drinking in some of those shots. Many of the wines we used to buy religiously 25 years ago are still around, so I thought I'd see how a couple of them have aged.

In the '80s **Hungary's Szekszárdi Vörös ($9.80 - $12.05)** was a tannic gut wrencher. Made with the local Kékfrankos grape the current 2007 vintage (still sold by the litre) is now light and juicy with a touch of spice that makes it a fine pizza/pasta red.

Fancy drinking at the time meant **Mouton Cadet Rouge ($13.94 - $17.96)**. Recently reinvented, the 2006 on shelf now is a softer, fruiter interpretation that lets it go cork-to-cork with Aussie and South America wines. If you're looking for a food-friendly introduction to red Bordeaux, this is still it.

Now if I could just live down my former A Flock of Seagulls hairdo.

Prices reflect the range across the country. Some products may not be available in all provinces.

Szekszárdi Vörös
Mouton Cadet
BORDEAUX

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words; liquidassets@eastlink.ca.

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Constitution Square - RSVP as seating is limited
Refreshments will be served

Guest Speaker:
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OPI launches new website

OPI recently launched its newly designed website (at opi.com), featuring the latest OPI products for nails, hands, feet, and skin. It also includes a Try-It-On Studio that allows you to see how OPI Nail Lacquer shades look on your skin tone. **METRO NEWS SERVICES**

Style

Making runway history...

Good news for those who admired the winning spring dress in Tuesday night's episode of Project Runway: you can now purchase it. The bold shoulder, jersey knit, asymmetrical design by Jessica Biffi is now available at Winners stores for $99.99 in sizes four to 14. The original was green, but it is also available in lavender, coral and black as well. In Ottawa, the dress can be purchased at Trinity Crossing.

METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Trend translations

What will the fall runways mean for the rest of us?

KENYA HUNT
Metro World News

While at some moments the endless stream of furs or sexed-up dresses seemed repetitive, Milan Fashion Week was an inspired mix of creatively upbeat clothing from futuristic silhouettes to old school glamorous dresses.

Some of history's most iconic fashion has come out of depressing times. And this season, Milan did not disappoint. Credit crunch or not, it's exciting to see fashion that makes you want to get dressed up again. Now if the economy would just bounce back so that we can all afford it. We recount the week's trends and explore how they will translate to life off the runway. (On a scale of 0, for magazines only, to 5, for wear it everyday).

GIORGIO ARMANI

VERSACE

The trend: Glamour girls

Rhinestones, luxe fabrics, bold prints and feminine hour-glass silhouettes are just a few of the elements that dominated this trend.

The designers: Sportmax, Byblos, Giorgio Armani, Versace, Alberta Ferretti, Moschino, Aquilano, Rimondi, Marni, Krizia.

Runway to real life rating: 4. Break out the red lipstick and high heels and book an appointment at the hair salon. This is not a low-maintenance look.

SPORTMAX

ROBERTO CAVALLI

The trend: Sex goddess

Home to the house of Versace and Cavalli, Milan is the master of this concept. So its no surprise that the idea's comeback for fall would happen here. The biggest component of the sex goddess look: the thigh-high stiletto.

The designers: Roberto Cavalli, Blumarine, Versace, Gucci.

Runway to real life rating: 3. Expect to get extra hoots and whistles on the street.

MASSIMO REBECCHI

The trend: Easy and wearable, yet chic

If there's one major complaint of the week, it's that too many collections neglected the everyday wardrobe needs that we all have. Sometimes a woman just wants a great, comfy sweater, an easy but chic pair of trousers, or a skirt that she doesn't have to suck her stomach in to wear.

The designers: Burberry Prorsum, DSquared2, Prada, Max Mara, Missoni.

Runway to real life rating: 5. Prada's beautifully constructed suits, Burberry Prorsum's swinging skirts and Max Mara's wearable separates make great investments for the office (or the job interview.) Missoni's layered knits, meanwhile, are the ultimate daytime wear.

MAX MARA

PHOTOS BY MAURIZIO MAULE

Kenya's**Style**

Kenya Hunt

Read the blog at
metronews.ca/kenyasstyle

Upcoming Style coverage

Read Metro Style for upcoming coverage of:

- Paris Fashion Week — March 4 to 12.
- Toronto Fashion Week — March 16 to 21.

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Canadian Bachelorette
The Bachelor's third-place finisher — and a Canadian — Jillian Harris has been selected to star as the newest Bachelorette when the spin-off of the now controversy-mired reality show kicks off its fifth season this summer. EONLINE.COM

Entertainment

Puppy love

Oprah Winfrey has a new puppy. The talk show host and her longtime beau, Stedman Graham, adopted an eight-week-old cocker spaniel on Sunday. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

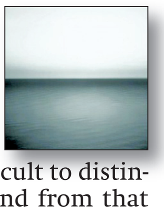
U2 lays it on the line

MusicReviews

music@metronews.ca

U2

Album: No Line On The Horizon
Label: Island/Universal
Rating: ⊕⊕⊕½



U2 HAS HAD such an impact on music over the past 25 years that it's now difficult to distinguish its sound from that claimed by the many bands who have followed in its footsteps. The soaring vocals, anthemic themes, patterned guitars, layered atmospherics and searching spirituality have become commonplace. But the Irish foursome prove on their 11th studio effort that creativity still exists in middle age. They often find it by looking backward to their R&B, gospel and classic rock roots. You can hear it in the riffs of Stand Up Comedy and the fuzzed drive of Get On Your Boots. Those searching for a higher power will find it in Bono's over-the-top delivery of the obvious. ("God is love," Bono howls in Stand Up Comedy). His angst is everywhere here, rising like steam above the sonic stew cooked up by co-producers Daniel Lanois and Brian Eno. And it's not an easy angst to share. It's over-blown, for sure, but we've come to expect that.

Graham Rockingham/for Metro Canada

Neko Case

Album: Middle Cyclone
Label: Anti-/Epitaph
Rating: ⊕⊕⊕⊕

THE ONLY PROBLEM with Neko Case is that she doesn't release solo material fast enough. We can expect something new from her about every three years — that doesn't cut it for someone this good. Middle Cyclone is another stellar release from the alt.country artist, who also sings with The New Pornographers. It's loaded with infectious twang, crazy piano tracks (she recorded multiple piano parts on some tunes) and great guest spots from her Porno bandmates and members of Los Lobos and Calexico. With lyrics about animals, nature and tornadoes, this could be the first great summer album of the year.

Bryan Borzykowski/for Metro Canada

UNIVERSAL MUSIC

No Line On The Horizon is the new album from U2.

The Prodigy

Album: Invaders Must Die
Label: Take Me To The Hospital/Cooking Vinyl
Rating: ⊕⊕⊕⊕

SCIENCE FICTION techno rock from England that's sure to provoke riots on the dance floor. Music doesn't get more direct, or the message any clearer, than this. Liam Howlett pushes mosh pit music to the max. And, amazingly, none of the songs seem to be designed to hurt anyone or anything, except, maybe … fictional space invaders, bad horror movie scripts, sophomoric notions of revolution, eight-track Iron Butterfly tapes, fish with sharp teeth and ear drums. The keyboard run on Colours sparks fond memories of the Stranglers' Rats Rally. There's even a tip of the hat to Manfred Mann on Stand Up. Fire up the strobes, blow out your sub-woofers and have a good time.

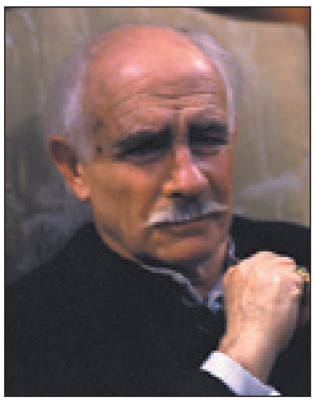
Graham Rockingham/for Metro Canada

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/5/09 primetime	265	353	2	TVO	Beijing Olympic Stadium		The Agenda With Steve Paikin		Blackpool		Masterworks: The Rape		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Survivor: Tocantins (N)		The Office (N)	Kink in Hair	Life "Jackpot" (HDTV)		News (N)
	-	-	5	SRC	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		M pour musique (HDTV) (SC)		Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Wife Swap (N)		Private Practice		(10:01) Eleventh Hour		News (N)
	196	311	7	CTV	Hollywood	etalk	American Idol		CSI: Crime Scene Invstgtn.		ER "What We Do" (N)		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Doc Zone "Shock Wave" (N)				CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock	ER "What We Do" (N)		News (N)
	117	713	10	TVA	Histoires-filles	Star Académie:	La Classe de 5e (HDTV) (SC)		Taxi 0-22 (SC)	Caméra café	TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Grande fille	Un monde bête	*L'héritage de la passion* ★★ (2005, Docudrame)				Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Panorama		Météo	Nouv. mondes	*Le Testament du Dr Mabuse* ★★★ (1933, Suspense)				Volt
	-	362	13	CBS	Dr. Phil (HDTV) (N)		Survivor: Tocantins (N)		CSI: Crime Scene Invstgtn.		(10:01) Eleventh Hour		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		2Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Ugly Betty (N)		30 Rock	30 Rock	Hell's Kitchen (PA) (N)		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*Premonition* (2004, Suspense) Casper Van Dien, John Tench.				News (N)
	-	361	20	ABC	News (N)	Entertainment	Ugly Betty (N)		Grey's Anatomy		(10:02) Private Practice		News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol		Hell's Kitchen (PA) (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Equitrekking	Yes, Minister	Time Goes By	Monarch of the Glen		Poldark		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	American Idol		CSI: Crime Scene Invstgtn.		ER "What We Do" (N)		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Geologic Journey		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Overtime	NHL Hockey Edmonton Oilers at Ottawa Senators. (Live)					Sportsnet Connected		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Interruption	World Extreme Cagefighting (HDTV)				SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Poker 888.com UK Open.		NBA Basketball Dallas Mavericks at New Orleans Hornets. (Live)					NBA Basketball	
	411	457	56	OLN	Dog the Bounty Hunter		Survivorman		Mantracker		Dog the Bounty Hunter		Survivorman
	417	406	59	SC	Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		Bullrun (HDTV)		Bullrun (HDTV) (N)		Pimp My Ride
family	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	*Batman Returns* ★★ (1992, Action) Michael Keaton.			
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	mmmtop	Back In	Enrique Iglesias-Belfast		RuPaul's Drag Race		RuPaul's Drag Race		Listed
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Beast "Mercy" (N)		The Beast
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC Unleashed (HDTV)		TNA iMPACT! (HDTV) (N)				Countdown
	521	560	34	TLC	Sports Disasters (HDTV)		Overhaulin' 1965 Buick.		Street Customs (N)		Heli-Loggers (HDTV)		Street
	145	761	35	TV5	Destinations	Fourchette	Club social		Envoyé spécial			Cité guide	TV5 Le Journal
	616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Eurotrip* ★★ (2004, Comedy), Jacob Pitts		
	620	523	40	BVO	Camera	Snapshot	Bathroom Divas-Opera Star		Toscanini: In His Own Words (N)			Frontenac Trio	Law & Order
	520	505	42	DIS	Daily Planet (N)		Journey to the Edge of the Universe				MythBusters		Daily Planet
	575	583	43	CMT	Our Song	Flashback	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly
	601	562	45	SLC	Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Last 10	The Biggest Loser		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Gong Show	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	*Monster-in-Law* (2005, Romance-Comedy)		
	600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes-Homes
	627	528	50	SPC	Watchmen	The Circuit	Chuck (HDTV)		Star Trek: Voyager		Chuck (HDTV)		Stargate SG-1
	581	566	53	MTV	Sum 41-Heroes	After	MTV News	Cribs	Making the Band 4 (N)		The Girls of Hedsor Hall		MTV Live
	618	524	54	TROP	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522	506	55	HIS	NCIS "Bete Noir"		Lost Worlds		Go Deep In Istanbul.		NCIS "Bete Noir"		Sea Hunters
	129	773	60	CD	Biographies (HDTV)		Les Procureurs (HDTV)		Alliance meurtrière (HDTV)		Histoires de crimes (HDTV)		Police de l'air
	261	394	61	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*The Muppets Take Manhattan* ★★★ (1984, Comedy)				Poltergeist
	602	567	62	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	Love It-List It	House
	269	350	70	APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*Top Gun* ★★★ (1986, Adventure) Tom Cruise, Kelly McGillis.				
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Off the Leash	Off the Leash	The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes

critics'corner

Toscanini: In His Own Words

Fifty years after the death of Arturo Toscanini, his family gave biographer Harvey Sachs access to dozens of hours of taped conversations he had with friends, relatives and colleagues. The result is this new documentary filled with interesting insights into the personality of the acclaimed and very private conductor — who probably would have been shocked to know these tapes were being made. 9 PM on 40 BVO

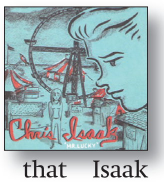


Baseball

MLB team officials begin holding their breath this week, hoping well-compensated pros such as Derek Jeter, Vernon Wells and Ichiro manage to avoid injury while representing their respective countries in the second World Baseball Classic. Rogers Sportnet will broadcast 39 games of the tournament that runs through March 23. Canada, Korea, the United States, Mexico, Cuba, South Africa and defending champion Japan are among the 16 teams competing. 2 PM on 27 net

Chris Isaak

Album: Mr. Lucky
Label: Wicked Game/Reprise
Rating: ⊕⊕⊕



CHRIS ISAAK IS lucky to have a voice as big as the late Roy Orbison. And we're lucky that Isaak hasn't forgotten how to use it during his seven year recording absence. Isaak will never be able to match the success he scored early on with his haunting masterpiece, Wicked Game (although he comes close on We Let Her Down). And he'll never be able to shake the comparison's to the Big O. But why should he? There's very few alive today that can match the incredible vocal range Isaak demonstrates on You Don't Cry Like I Do. Among the 14 original tracks, there's unquestionably some lightweight stuff. But even the three or four weaker tracks stand up well compared to the overproduced pablum that Nashville far too often serves up as country rock.

Graham Rockingham/for Metro Canada

On the web

There's more online at metronews.ca/music:

- review of the new album by Shout Out Out Out Out
- Links to this week's reviewed music

Comic-crazy Fox

Megan Fox has signed on to star in not one, but two comic book movies — Jonah Hex and Fathom. The 22 year-old Transformers star is reportedly a huge comic book fan. **EMPIREONLINE.COM**

You've come a long way, Barbie

The world-renowned Mattel doll turns the big 5-0 next week

JENNIFER YANG
for Metro Canada

In half a century, she's been an astronaut, an Olympian, and a four-time presidential candidate — all while maintaining a perky bod with nary a wrinkle in sight.

Only one woman on earth (albeit not a real one!) is capable of such improbable achievements, and her name is Barbie Millicent Roberts — or, simply, Barbie, as we all know her.

"Barbie's come a long way," said Adriana Gut, Barbie brand manager for Mattel Canada. "What's interesting about her is she's managed to stay really relevant and is truly a reflection of the times."

This Monday, Barbie turns 50 years old, five decades after debuting at the New York Toy Fair in a zebra-print swimsuit. Little girls quickly swooned over the buxom blond and toy maker Mattel sold 300,000 that year, making Barbie both a household name and a household item.

Today, three Barbies are sold every second, according to Mattel. Barbie has also undergone many transformations, with 108 careers on her resume and 50 nationalities on her passport. Her closet has millions of outfits, some designed by the likes of Vera Wang or Christian Lacroix, and her shoe collection is steadily approaching infinity.

And while Barbie has as many critics as she does fans, there's no debating her iconic status. To celebrate her birthday, Mattel Canada collaborated with five Canadian brands to design exclusive product lines, with everything from couches to couture for the modern-day Barbie buff.

Barbie stilettos are also finally available in human size now, thanks to Town Shoes. "Every little girl wanted to fit in to Barbie shoes," said Crissi Giamos, director of public relations.

Barbie clothes, too, will now be human-sized when David Dixon unveils his Barbie-inspired collection at Toronto Fashion Week. "I went 'Barbie clothes for women?' ... and said, 'Yeah, why not?'" Dixon said. "It's allowed me to explore a new avenue with my signature collection."

Cake founder Heather Reier says her line of Barbie cosmetics "celebrates how far she's come ... It has all that old-school quality feel to it but with a different spin."

And what Barbie fantasy is complete without a home? The Bay will soon be selling Barbie furniture and home accessories by Glenn Dixon, co-host of W Network's Take This House and Sell It!

"Everyone has a Barbie story," Dixon said. "It's about living out your dreams, more than the doll itself."

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The Kimora Lee Simmons Barbie models Baby Phat.

Celebrate Barbie's 50th with these products

Join the celebration with offerings from these Canadian designers:

- Designer David Dixon has created a women's collection to honour the world's tiniest fashionista. It promises to add plenty of pink to the runway at its Toronto Fashion Week debut (March 16).
- Foxy Originals' Barbie jewelry collection uses playful zebra and rainbow prints, riffing on designers Jen Kluger and Suzie Orol's '80s childhoods for inspiration. "We had fun interpreting Barbie in terms of our generation," said Kluger.
- For that Barbie-perfect skin (minus all the plastic), Cake Beauty's creams, mists and scrubs — in a specially-concocted signature Barbie scent that takes inspiration from vintage '60s Barbies — will be available at Sephora.
- Town Shoes has designed a party shoe, platform sandal and zebra-print pump, all sporting a Barbie-pink sole.
- Glenn Dixon's home furnishings and accessories, such as lacquered chairs and modern sofas, will make for a glam addition to any Dream House. Available at the Bay.

JENNIFER YANG
/FOR METRO CANADA

Barbie Zebra Ring, $24, (right) and reversible Barbie pendant, $34, (above), both by Foxy. Find a store near you or order online at foxyoriginals.com.

Barbie by Town Shoes, $130 each.

Party time!

Girls of all ages are invited to celebrate Barbie's birthday.

- Who: You, wearing pink, with your Barbie doll
- Where: Billings Bridge Shopping Centre
- When: This Saturday from 11 a.m. to 3 p.m.
- Why: Pick up free goodies, check out five decades of Barbie fashion, get photographed with Barbie herself, have a chance to win a 50th anniversary doll and Barbie-inspired outfit and more — all in support of Big Brothers Big Sisters Ottawa.

Barbie by Cake collection: Gotta Hand it to Her velveteen hand creme, $20 (left), and Starlit boudoir candle, $20 (below). Available at Sephora on March 14.

Shop 'til you drop, just like this Donna Karan Barbie.

Lilli hopes for Milli Vanilli's return

Evangeline Lilly is praying for a Milli Vanilli comeback — even though one of the duo is dead, femalefirst.co.uk reports. The actress was a huge fan of the 1980s pop act, which was disgraced in a lip-synching controversy. **METRO NEWS SERVICES**

Celebrity Buzz

Carrie on, Senator

COUPLE Things are getting serious between Carrie Underwood and her boyfriend, Ottawa Senators hockey player Mike Fisher: The singer is already spending quality time with his parents, people.com reports.

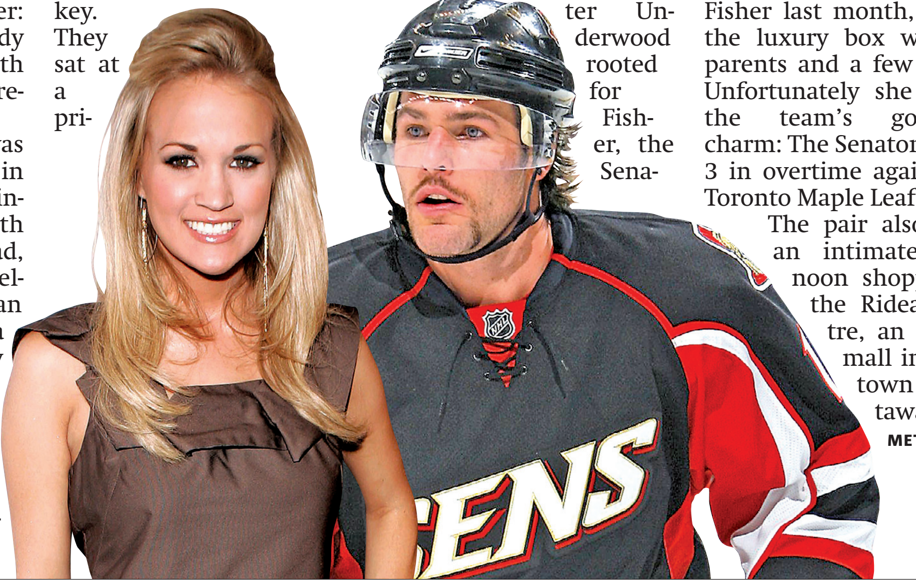
Underwood, who was first linked with Fisher in January, spent a cosy dinner Saturday night with Fisher, his mom and dad, and a few friends at Fratelli, an upscale Italian restaurant in the Kanata area of Ottawa, shortly after the 25-year-old country singer cheered on Fisher at his hockey game.

During the dinner, the couple "seemed incredibly happy. They seem made for each other," says a source, who added that the dinner "was very low-key. They sat at a private table and did their own thing."

The dinner took place shortly after Underwood rooted for Fisher, the Senators' centre, from a private VIP box at the Scotiabank Centre. Underwood, who first publicly cheered on Fisher last month, shared the luxury box with his parents and a few others. Unfortunately she wasn't the team's good-luck charm: The Senators lost 4-3 in overtime against the Toronto Maple Leafs.

The pair also spent an intimate afternoon shopping at the Rideau Centre, an upscale mall in downtown Ottawa.

METRO NEWS SERVICES



Miley reveals she was bullied

BOOK Miley Cyrus' school days were "friendless, lonely and miserable," femalefirst.co.uk reports. The Hannah Montana star was bullied so badly when she was being educated in Tennessee, she believed she would be physically harmed.

Writing in her new book Miley Cyrus: Miles To Go, she revealed: "The girls took it beyond normal bullying. These were big, tough girls. ... They were fully capable of doing me bodily harm."

The singer-and-actress says The Anti-Miley Club even challenged her to a fight, which had to be halted by the school principal.

In the tome, the 16-year-old star also speaks of "the hardest day ever" — when she split from Jonas Brothers star Nick Jonas, who she refers to as Prince Charming.

METRO NEWS SERVICES

Bachelor twist no 'fix'

SHOW ABC's reality series The Bachelor has had its share of surprising endings, but Jason Mesnick's on-camera breakup with fiancée Melissa Rycroft and subsequent reunion with runner-up Molly Malaney has been by far the most shocking. But online rumours persist, with some wondering if the show's outcome was fixed, people.com reports.

As Bachelor creator Mike Fleiss tells People, "That's patently untrue. It was (Jason's) choice in New Zealand who he proposed to." But after the show wrapped, Fleiss says, "He was not in love with Melissa anymore and he was in love with Molly and he needed to make a change."

In fact, no one saw this coming, says Fleiss, who upon returning to the States "was in the process of trying to talk Molly into being the Bachelorette."

A week later, Fleiss learned that Jason and Melissa were not getting along, and that he had never stopped thinking about Molly. "My first thought was, 'Oh, too bad,'" Fleiss says. "My next thought was, 'Wow, that's almost too good!' I knew that was a remarkable twist.

"At that point, the decision was made to bring all three parties into the studio to film After the Final Rose, the most shocking After the Final Rose in Bachelor history," Fleiss says. "It was never anyone's plan."

Host Chris Harrison also tells People, "We haven't shown breakups before, but we've never had this situation. We couldn't not show that."

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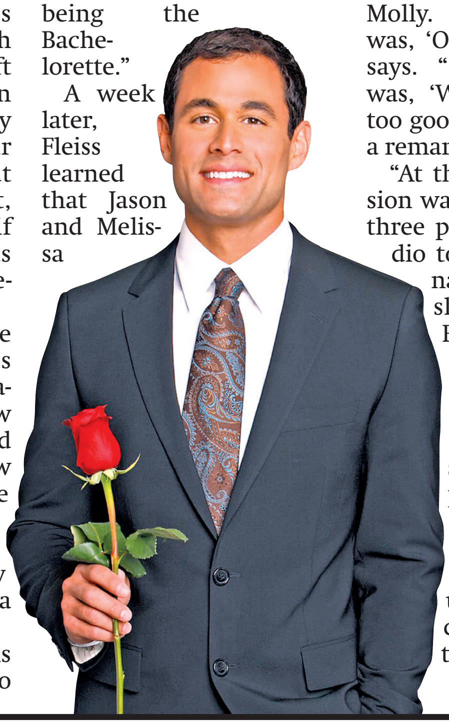

Usher apologizes for Brown comment

STATEMENT Usher has apologized for saying that Chris Brown should "have a little remorse" after the 19-year-old singer — who allegedly assaulted girlfriend Rihanna — was photographed jet skiing in Miami last weekend.

In a video for Jermaine Dupri's Living the Life series, Usher says he is "a little disappointed" after seeing the shots of Brown vacationing. "Have a little bit of remorse, man," he is overheard saying.

But in a statement late Tuesday, Usher says: "The comments made during a recent recording session amongst friends were taken out of context and blown out of proportion. I apologize on behalf of myself and my friends if anyone was offended. The intentions were not to pass judgment and we meant no harm. I respect and wish the best for all parties involved."

Brown is to be arraigned today for allegedly assaulting Rihanna Feb. 8 in L.A.

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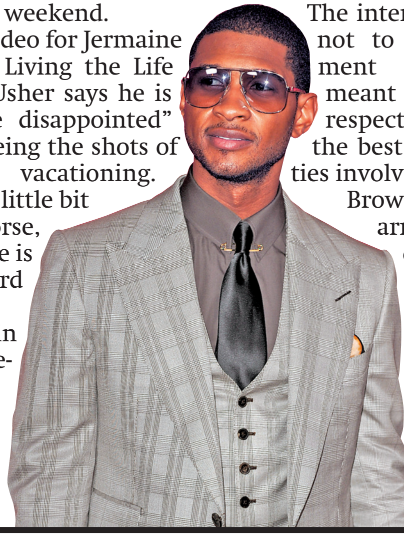

J-Lo 'pockets' jewels worth $50,000

DIAMONDS Jennifer Lopez recently borrowed $50,000 worth of diamonds from Robert Mouawad to wear at an event last week — and she doesn't plan on giving them back. "We received a call from (her manager) Benny Medina, informing us that Jennifer was going to keep the jewelry," a source told Page Six. But according to the source, for Mouawad — a Swiss billionaire — it's no big deal. "He will lose no sleep over $50,000, and frankly, Jennifer's endorsement is priceless."

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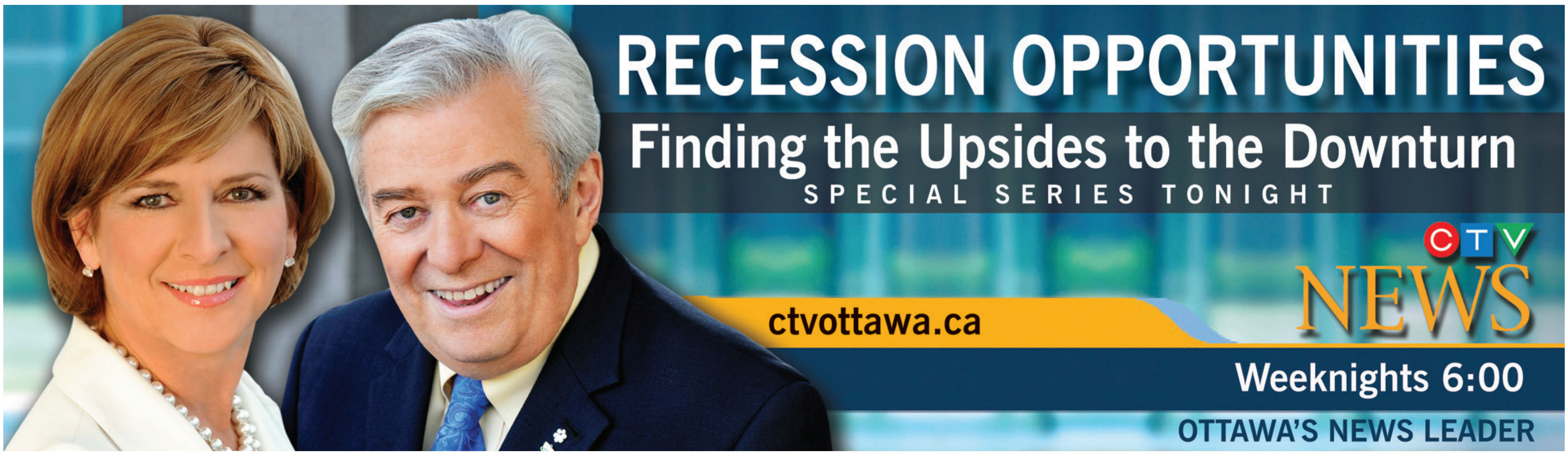

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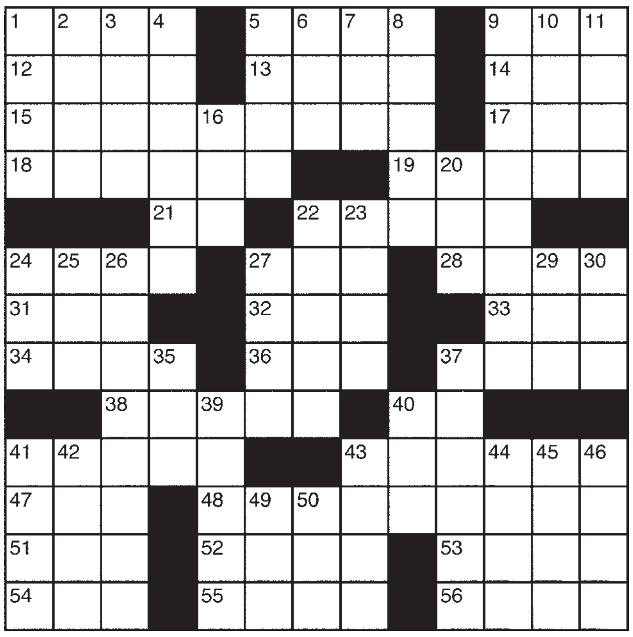

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			6	3	8			4
					5	7		
	8	6	9			3		
7	1		4		3	5		8
9								3
6		4	5		2		9	7
		5			9	8	7	
		3	1					
1			8	5	7			2

Crossword across

1 Typeface choice
5 Quest
9 Witty one
12 Open a crack
13 Terrible guy?
14 Rd.
15 Plumbers' job?
17 X rating?
18 Stages a protest, of a sort
19 On the qui vive
21 "And I should care ... why?"
22 "Napoleon Dynamite" star
24 Sore
27 Distant
28 As well
31 As well
32 Submachine gun
33 "— Town"
34 November responsibility
36 Fellows
37 Failure
38 Cardiff's country
40 "Goodness gracious!"
41 Extra
43 Tea variety
47 Table scrap
48 Johnson opponent
51 Anonymous John
52 Very enthusiastic
53 Telegram
54 Springtime mo.
55 Colleen
56 Garbage barge

Crossword down

1 Cry like a baby
2 California community
3 Tardy
4 Stylish
5 Billboard
6 Mendes or Longoria
7 Pack away
8 Massage
9 ABBA hit
10 State with certainty
11 Fellow
16 Carnival city
20 Grazing area
22 Mists
23 Ms. Brockovich
24 Off-roader (Abbr.)
25 Bill's partner
26 Trouble
27 Sulk angrily
29 Bottom line
30 Sceptre ornament
35 Listening device
37 Local ordinances
39 Constitutional
40 Take blades to blades
41 Pop
42 Item on stage
43 Probability
44 Related to 35-Down
45 Pianist Peter
46 Got bigger
49 Eggs
50 Fleur-de- —

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

L	A	S	S		L	A	W		P	A	L	O
E	C	H	O		O	N	E		I	N	O	N
A	N	A	L	E	C	T	A		E	A	S	Y
F	E	D	O	R	A		V	O	R	T	E	X
			N	I	L		E	A	C	H		
A	M	A		E	E	L		K	E	E	N	S
S	O	N	S		S	E	A		S	M	U	T
K	O	A	L	A		U	L	T		A	N	Y
		C	A	P	S		R	E	S			
B	R	O	N	T	E		E	X	C	U	S	E
R	A	N	T		A	N	A	T	E	V	K	A
A	I	D	E		L	A	D		N	E	A	R
G	L	A	D		S	P	Y		T	A	T	S

5	2	3	1	8	6	4	9	7
8	6	7	9	4	5	1	2	3
9	4	1	2	3	7	5	6	8
7	9	5	3	1	2	8	4	6
4	1	6	8	5	9	3	7	2
3	8	2	6	7	4	9	1	5
6	5	9	4	2	3	7	8	1
1	7	4	5	6	8	2	3	9
2	3	8	7	9	1	6	5	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min Genius
13-17 min Scholar
17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Metro Recipe of the Day

Meat Loaf

INGREDIENTS:

1 tbsp (15 ml) Canola oil
2 large onions, peeled and chopped
2 large celery stalks, chopped
1 large green pepper, seeded and chopped
3 garlic cloves, crushed
2 lbs (1 kg) lean ground beef
1 cup (250 ml) fresh breadcrumbs (white or whole wheat)
1 egg, lightly beaten
salt and freshly ground black pepper
1 cup (250 ml) canned chopped tomatoes
1/4 cup (50 ml) tomato sauce

METHOD:

1. Preheat oven to 350 F (180 C). Heat oil in a large, deep frying pan, add onions, celery, pepper and garlic and cook 5 minutes over moderate heat (until soft). Transfer vegetables to a large bowl.
2. Add beef, breadcrumbs and egg to vegetables. Season with salt and pepper and knead until well combined.
3. Put tomatoes and tomato sauce into small bowl. Mix well. Add half to meat loaf mixture. Mix again.
4. Transfer meat loaf mixture to lightly-greased baking dish or roasting pan and shape to make loaf, measuring about 7 x 10 in. (18 x 25 cm), mounding slightly at centre. Use side of hand to make groove down length of meat loaf. Pour remaining tomato mixture into groove.
5. Bake for 1-1/4 hours, or until cooked through to centre. (If you have a meat thermometer, it should read 160 F/71 C when loaf is done.) Let stand 10 minutes before slicing and serving.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

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Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Someone has issues with telling the truth. An irrational guy disagrees with confusing words. Don't wait to go home after a melodrama takes place.

TAURUS
APRIL 21-MAY 21
Someone's disrespect is hypocritical. An impulsive journey brings some career luck. Try not to isolate yourself at home.

GEMINI
MAY 22-JUNE 21
Money luck improves when an exceptional mentor arrives. Elders need extra care today. A belated message makes you happy.

CANCER
JUNE 22-JULY 22
A beloved man undergoes a passing fancy. Refusing to yield leads to a colleague's complaints. Pay attention to your work.

LEO
JULY 23-AUG 23
An opportunity will come out of nowhere. Others are on your side because you inspire trust. Taking a certain pathway causes a problem.

VIRGO
AUG 24-SEPT 22
A remarkable brute will give you stories to tell. Don't lie to a discerning friend. An amusing friend has done a bad job.

LIBRA
SEPT 23-OCT 23
A discovery changes your mind. Be alert to hidden meanings in messages. A man wants to get some hard work done.

SCORPIO
OCT 24-NOV 22
A repair problem requires your attention. A preacher is about to return. Take a walk in your personal safety zone.

SAGITTARIUS
NOV 23-DEC 21
Pay no attention to an inspection. Avoid a war of words with a scathing person. A former lover is spooked by a phone call.

CAPRICORN
DEC 22-JAN 20
A persuasive person is ready to forgive. A romantic mystery clears up. A legal matter is shaded by the past.

AQUARIUS
JAN 21-FEB 18
A pedantic person aggravates you about a project. Your exceptional memory solidifies your reputation. Walk lightly around oversensitive elders.

PISCES
FEB 19-MARCH 20
A friend wants you to repay a good deed. Someone is glum about being teased. Don't be deceptive to a hurt friend.

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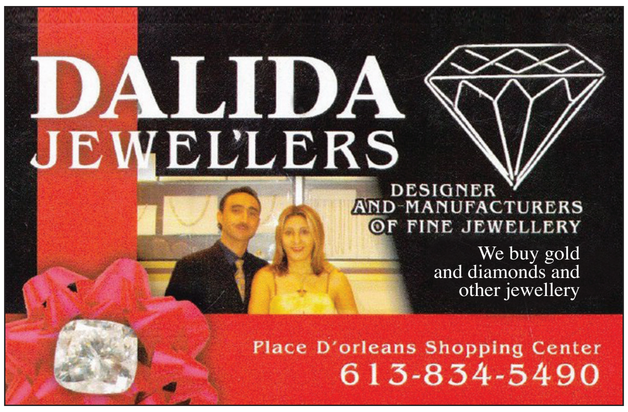
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